

IS YOUR CLUB HEART SAFE?

GOLF COURSES ARE THE
5TH MOST COMMON PLACE
FOR CARDIAC ARREST



DOWNLOAD THE
**PGA HEART SAFE
PROTOCOL**
handsonlypga.org



**HANDS
ONLY
CPR**

Everyone Can Save A Life

Brooks Koepka



EVERYONE CAN SAVE A LIFE WITH HANDS ONLY CPR

LEARN HOW AT HANDSONLYPGA.ORG



When someone is unconscious, they may be experiencing sudden cardiac arrest



1. CHECK

Check for responsiveness and breathing



2. CALL 911

Or have someone call 911



3. COMPRESS

Kneel over victim. With straight arms and interlocked hands, push hard and fast on chest. 2 compressions per second at least 2 inches deep.



**HANDS
ONLY
CPR**

Everyone Can Save A Life